

AFTER 16 YEARS EXPERIENCE A DOCTOR SAYS **Zam-Buk** HAS NO EQUAL FOR SKIN DISEASES

"For sixteen years I have used Zam-Buk in my practice, and have always found the results from its application highly satisfactory. In my opinion there is nothing to compare with it for skin troubles—from roughness and irritation to chronic skin diseases. Without a doubt, Zam-Buk has wonderful curative properties, and when a patient requires such a remedy I always prescribe Zam-Buk."

This letter of appreciation has just been received by the proprietors of Zam-Buk from Dr. A. P. Shibley, of Washington, D.C. The medical profession is always slow to recommend a remedy, and the fact that many doctors now prescribe Zam-Buk, is one of the surest proofs of its superiority.

Zam-Buk's superiority is due to its herbal composition. It is all medicine, with absolutely no animal fat, and is so

blended, refined and concentrated that it contains the maximum germ-destroying, soothing and healing power. Owing to its absolute freedom from animal fat, Zam-Buk cannot become rancid, but will keep indefinitely without losing any of its strength or purity. While the healing power of Zam-Buk, and its power to penetrate to the root of skin disease is so great, yet its action is so mild, that it is the ideal preparation for the pimples, eruptions, and rashes which so often occur amongst young children. Mothers agree that it is the best balm for baby.

Zam-Buk should be handy in every home for cuts, burns, scalds and bruises. Equally good for eczema, ringworm, ulcers, abscesses, boils, pimples, blood-poisoning and piles. All dealers 50c. box.

FREE

Send this advertisement, name of paper and 1c. stamp (for return postage) to Zam-Buk Co., Toronto, and free trial box will be sent you.

Local News Notes

R. E. Allen left for Pacific on today's train.

J. S. Jordan came in from Anyox last night.

G. W. V. A. regular meeting to-night at 8 o'clock.

Mrs. B. Arbuckle arrived from Anyox last evening.

S. Porter arrived from the south on the Prince George today.

Pianos correctly tuned. \$6.00. G. C. Walker, Phone Blue 389.

George Shea came in from Port Essington on last night's train.

For first class shoe repairing, B. M. Simpson, Fifth and McBride.

New shoes are expensive. Have your old ones rebuilt at McArthur's.

Howard Campbell, the pioneer cigar store man, returned to town today.

The "Director" Corset. Manufactured in Prince Rupert. Phone Blue 92.

When you need a pair of shoes of better grade, call at McArthur's Shoe Store.

Colonel Peck will address the G. W. V. A. tonight on the fisheries question.

Ladies' winter coats, regular \$35. On sale at \$25. Jabour Brothers, Ltd.

R. A. Racklyeft and son arrived today from Vancouver on the Prince George.

Carpenters Union meets Wednesday night in the Carpenter's Hall at 8 o'clock.

Oscar Flint is in town, having arrived from Alice Arm on the Chelohsin last night.

We don't cobble shoes at Simpson's—we repair them. Corner Fifth and McBride.

Mr. and Mrs. O. M. Walker are in the city, having arrived from Alice Arm on the Chelohsin last night.

Bungalow aprons in dark and light shades. Regular \$1.45, sale price \$1.15.—Jabour Brothers, Limited.

The "Prince Rupert" is now on the pontoons at the dry dock while under-water repairs to the hull are being made.

A. L. Carruthers, government engineer, arrived from Anyox and Alice Arm on the Chelohsin yesterday evening.

R. E. Dugan arrived from Prince George by last night's train and is registered at the Hotel Prince Rupert.

A building permit was yesterday granted to Leontine Bourlier for an addition valued at \$850 to a residence on Comox Avenue.

A good attendance was out at the meeting of the Oddfellows last night but the election of officers was postponed till next Tuesday night.

Col. J. M. McMillan, who is interested in cannery business on the Queen Charlotte Islands, arrived in town on the Prince George this morning.

Miss Victoria Clayton, aged 18, died at Metlakatla yesterday afternoon. Funeral arrangements are in the hands of the B. C. Undertakers and interment will take place in Metlakatla.

8-4 Sheeting, regular 90c selling for 75c at our sale.—Jabour Brothers, Ltd.

The Prince George was delayed on her northbound trip this week and did not arrive until noon today. She brought north a capacity passenger list. Many of them were for up-river points, and the train waited over until the arrival of the steamer.

Ladies' suits, dresses, skirts at great reductions at our sale.—Jabour Brothers.

Mrs. J. Bulger has just received a very unique and quaint remembrance from Miss Violet Mortimer, daughter of Mr. and Mrs. E. H. Mortimer, Fifth Ave., East, who is now going to school in England. The gift takes the form of an enamelled sterling silver four leaf clover brooch, something new in the line of novelty jewelry.

SALE for Nine Days

at
Jabour Bros., Ltd.
Third Avenue

This Great Sale will start on Thursday, the 8th day of January, and it will last until the 17th.

It is a difficult and a costly matter to mark down every article in our store, but we can honestly say that there is a general discount on all our goods. These discounts will be seen particularly in the sale prices of our

Ladies' Coats, Dresses, Skirts and Whitewear.

WATCH FOR OUR CIRCULAR

Remember! The Sale Starts Thursday Morning at 9 o'clock.

Jabour Bros., Ltd.
Corner Third Avenue and Seventh Street

NOTICE TO CONTRACTORS

Tenders will be received up to 12 noon Thursday, January 8th, 1920, for the excavating and rock work required for the foundation of a school building to be constructed on Hays Cove Circle, Prince Rupert, B. C. Tenders shall state a price per cubic yard for muskeg, clay and rock, in accordance with the plans and specifications. Lowest or any tender not necessarily accepted. Plans and specifications and all information may be obtained at the office of the architect.

J. W. POTTER, Architect.
W. D. VANCE, Secretary of Board.

Albert & McCaffery, Ltd., have just received a shipment of five hundred doors and windows—the most and varied stock in Northern B. C.

Never forget to look through the classified list on Page 5.



NOTICE OF CANCELLATION OF RESERVE.

NOTICE IS HEREBY GIVEN that the windbreak Reserve covering the belt of land ten chains in width and situate along the north shore of Graham Island, notice of which appeared in the "British Columbia Gazette" of the 28th January, 1909, is cancelled in so far as it relates to that portion lying between Indian Reserve No. 1 and Indian Reserve No. 2.

G. R. NADEN, Deputy Minister of Lands, Department of Lands, Victoria, B. C., November 17th, 1919.

Westholme Lunch

MAY. BILLINGS, Prop.
50c DINNER 50c
Thursday, January 8

Luncheon 11:30 a.m. to 2 p.m.
Dinner 5:30 p.m. to 7:30.

Soup.
Macaroni Soup
Fish.
Salmon, Halibut, Smoked Black Cod
Boiled Ham with Cabbage
Entrees.
Boston Baked Beans with steamed Brown Bread
Meat Pie
Roasts.
Roast Beef, Brown Gravy
Roast Pork, Apple Sauce
Vegetables.
Plain Boiled or Baked Potatoes
Dessert.
Apple, Plum Pie
Steamed Ginger Pudding, Lemon Sauce
Tea - Coffee

SHORT ORDERS SERVED ANY TIME FROM 7 A.M. TO MIDNIGHT

DENTISTRY

Don't neglect your Teeth
One decayed or missing tooth lowers your efficiency

DR. BAYNE

Office Hours—Morning, 9 to 12; Afternoon, 1:30 to 5:30; Saturday, 9 to 12 only. Evenings, Tuesday, Wednesday and Friday, from 7 to 9.

DENTAL NURSE IN ATTENDANCE
PHONE 109 FOR APPOINTMENT

JUNIOR BASKETBALL

LEAGUE GAME TONIGHT

Tonight's the night when the Junior enthusiasts of basketball will meet at the rink. The Cubs and the Beavers will contend for the mastery in the science of this interesting game. The Cubs team consists of H. Berryman (captain), Cedric Duncan, J. Humble, A. Palmer and Frank Morrison, while the Beavers team, A. Francis, W. Lambie, A. Slocomb, Elmer Smith, and J. Berryman is captained by Theo. Halvarson.

The boys are keen enthusiasts in the game, and as all are good players, a good hot, snappy match is expected. The general public is expected to be present, accommodation being provided and admission will be charged for.

Dr. A. H. Bayne returned from Vancouver this morning.

George Sweet returned to the city today on the Prince George.

Sheeting \$1.25 per yard, selling at 90c, 9-4 width at our sale.—Jabour Brothers, Ltd.

J. Lorne McLaren was a passenger for Edmonton on the train today. He will look into coal interests in the East.

When

your mouth tastes like all the mean things you ever did—mixed together, then you need

BEECHAM'S PILLS

Your mouth is a good indication of the condition of the stomach and bowels.

Worth a Guinea a box Sold everywhere in Canada. In boxes, 25c, 50c.

St. Regis Cafe

Thursday, January 8

BREAKFAST, 35c

7 a.m. to 10 a.m.

Stewed Prunes

Cream of Wheat or Grape Nuts

Buckwheat or Flannel Cakes

Buttered Toast

Cup of Tea or Coffee

LUNCHEON, 50c

11:30 to 2 p.m.

Purée of Green Peas

Tenderloin of Sole, Tartar Sauce

Boiled Bacon and Cabbage

Irish Stew with Vegetables

Kidney Sauté on Toast

Roast Veal with Dressing

Mashed, Boiled or Baked Potatoes

Rice Pudding

Cup of Tea or Coffee

DINNER, 50c

5 to 7:30 p.m.

Soup.

St. Germaine with Croutons

Fish.

Salt Alaska Cod in Cream Sauce

Baked Halibut

Boiled.

Tongue, Capers Sauce

Haricot of Mutton, Family Style

Corned Beef, Hot Sausage

Roast.

Beef, Savory Rolls

Mashed, Boiled or Baked Potatoes

Florentine Meringue

Tea - Coffee

St. Regis Bakery

Pastries and Cakes, French Bread, etc., now on sale in front of cafe. Our baker has 300 varieties of high-class pastries, etc., which he has never made in Prince Rupert yet. If you want anything for a special occasion, see him.

3 Day SPECIAL

Wednesday, Thursday and Friday

EMPRESS JAMS AND JELLIES

Strawberry, 4-lb. tins \$1.15
Raspberry, 4-lb. tins \$1.15
Loganberry, 4-lb. tins \$1.00
Apricot, 4-lb. tins \$1.00
Blackberry, 4-lb. tins \$1.00
Green Gage, 4-lb. tins \$1.00
Crabapple Jelly, 4-lb. tins \$1.00

(NOTE—All new season's stock)

Rupert Table Supply Co.
Phones 211, 212

Life Insurance Is In Certain Respects Unique

Other kinds of insurance provide for losses that MAY be sustained. Life Insurance provides for an inevitable loss.

The premiums on other kinds of insurance are an expense. The premiums on a life policy are payments on account of an asset; for at some time the policy must mature and be paid. Other kinds of insurance are expedient; Life Insurance is essential.

A building may never burn, a ship may never sink, but ALL men must die.

The Mutual Life Insurance Co. of Canada Policies are safe.

McCaffery, Gibbons & Doyle, Limited, - Agents.
Phone 11 - 3rd Avenue

M.M. Stephens

Notary Public Conveyancer

FOR SALE

Four-roomed plastered house, on Eighth Avenue between McBride St. and King Edward School with excellent lot

\$1,500.00

Terms.

M. M. Stephens
Real Estate Insurance Financial Agent

A. G. GRAY

Teacher of Piano

Studio 137 Second Avenue
PHONE 182 or 444

R. L. Clothier was an arrival from the south today. He is proceeding north to Stewart.

M. Gonzales returned to town today after spending the New Year's holiday at Victoria, where he was called to the bar last week.

Miss Christopherson, teacher at the Osland School, returned from the south this morning and left again on the train for Smith Island.

Captain Groves, accompanied by thirteen men who have been loading a ship with pulp products for the Orient at Ocean Falls, returned to town today.

C. K. Ytreberg appeared in the police court this morning on the charge of threatening the life of Gillis Royer. He was bound over with a security of \$100 to keep the peace for six months.

NOTICE

IN THE MATTER of an application for the issue of a fresh certificate of title to part of Lot Eight hundred and forty-eight (848), Group One (1), Cassiar District, satisfactory proof of loss of certificate having been filed, notice is hereby given that it is my intention, at the expiration of one month from the first publication hereof, to issue a fresh certificate of title in the name of Thomas Richard Tomlinson, which Certificate of Title is dated 8th February, 1919, and is No. 3067-1.

Dated at the Land Registry Office, Prince Rupert, B. C., this 16th day of October, 1919.

W. E. BURRITT,
Acting District Registrar.

SKEENA LAND DISTRICT—DISTRICT OF QUEEN CHARLOTTE ISLANDS.

TAKE NOTICE that Daniel L. Sutherland, of Bay Point, California, Hotel-keeper, intends to apply for a licence to prospect for coal and petroleum over the following described lands on the West Coast of Moresby Island, British Columbia; commencing at a point planted about 200 yards from the east of the northeast corner of Robert Reid's coal and petroleum licence number 10460; thence north 80 chains, thence west 80 chains, thence south 80 chains, thence east 80 chains to the point of commencement.

DANIEL L. SUTHERLAND,
By Hans K. Christensen, Agent.
Located October 9th, 1919.

62ND BATTN. C.E.F. REGIMENTAL FUND

At a meeting of the ex-members of this battalion, it was resolved that the balance of this fund be divided amongst the widows and dependents of deceased comrades and amongst those disabled comrades who are in actual need of assistance.

Applicants are therefore notified to forward to the undersigned on or before the 31st day of January 1920, their names and addresses in full, regimental number, date of death, number and ages of dependents, present income from all sources and full particulars of present circumstances.

After the said date the committee will divide the fund amongst those who have filed their claims as required.

J. W. NICHOLS,
Care Canadian Fish & Cold Storage Co., Ltd., Prince Rupert, B. C. 2-8-14

T. A. McMartin arrived from the south this morning and returned on the train to Smithers, where he is in charge of Little's Lumber Yard.

TO SUBSCRIBERS

Subscribers to The News are asked to pay the delivery boys each month when they call, except where payment has been made for the year in advance. The boys when collecting carry official receipts which should always be preserved.
